

Roadmap to Wellness

December - Finals Season

1. Rational

This can be one of the more stressful times of the school year. December, or Finals Season, can create stress for students and staff.

Use this month to end your first semester on a positive note.



2. Connect to Student Body

- Plan a crafts day so students can be social and creative.
- Add coloring books, crayons, stress balls, etc. to library tables.
- Have an event for students who enroll this month.
- Hand out candy canes
- Put positive notes on mirrors.
- Have a tree decorating/creating contest (with recycled objects only)
- Provide opportunity to adopt an angel
- Dress up like elves and Santa and have a photo booth for students



3. Connected Campus

- Volunteer to wrap packages for staff
- Invite staff members to bring children and have a gift or tree ornament making event with them (while giving staff time to grade, shop, etc.). Invite other clubs to partner on this.



4. Connected to Resource

- December is National Stress-Free Family Holidays Month
- Invite a therapy dog to campus



School To-Do/Checklist:

